

QUICKSTART

Program



New members, beginner and veteran exercisers can all benefit from our Quickstart program! It's a detailed exercise plan, developed by a personal trainer, designed to meet the specific goals of each individual.

Fee: \$35
(members only)

YOUR PLAN WILL COVER:

Frequency—How often?

Intensity—How hard?

Time—How long?

Type—What exercises and equipment?



Contact Alicia Bercury at 724.625.1636, Ext. 160
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Pine Community Center

Where fitness, wellness and community come together!